



# Self-Care Checklist



It's important to take care of yourself. When you're not feeling your best, you can't be your best! Self-care looks different for everyone. But for many people, self-care can include the food you eat, how much physical activity you get, the time you set aside for hobbies, and how much sleep you're getting each night. Try some of these popular self-care practices when your mood could use a boost!



Take deep breaths

Write in a journal

Go for a walk

Paint or draw

Eat a favorite treat

Blow bubbles

Do a puzzle

Read a book

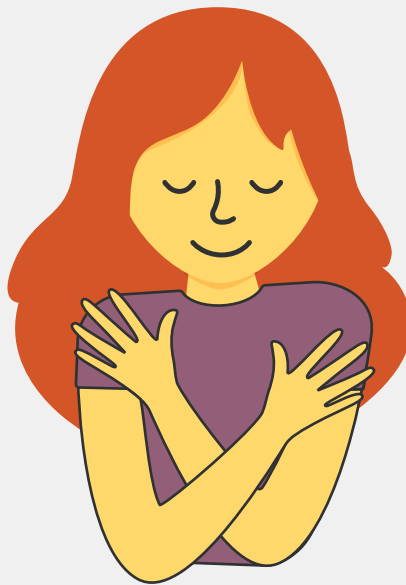
Watch a movie

Pray or meditate

Go for a bike ride

Write down you feelings

Hug aloved one



Take a nap

Stretch your body

Eat a healthy snack

Talk to a friend

Listen to calming music

Play with clay

Go on a hike

Make a craft

Have quiet time

Snuggle with a pet

Talk about your feelings

Take a bubble bath

Cuddle with a warm blanket